

Good Health Habits

Grade Level	Fourth
Minimum Time Required	Three 30-Minute class periods
Materials/Resources	School or County Nurse, Dietician, Physical Education Teacher
Subject Area(s)	Guidance – Health

Project Description:

1. Invite the school or county nurse to speak to the class about good health habits.
2. Invite a dietician to come and speak to the class about proper nutrition.
3. Invite the Physical Education teacher to speak to the class about proper rest and exercise.
4. Lead a discussion with the students on the importance of good health habits.
5. Ask students to list one thing they plan to do as far as developing good health habits and tell how and they will implement their plans.

Career Development Standard	Awareness of the importance of growth and change.
Career Development Indicator	Demonstrate knowledge of good health habits.
Delivery Level	Introductory
Academic Standards	
Language Arts	2.1.a Apply fundamental conventions of language in written work. 2.4.b Write to interpret and use new or unfamiliar information. 3.1.b Identify helpful listening techniques used in decision-making situations.
Employability/SCANS Skills	Personal Qualities Basic Skills Thinking Skills
Assessment/Rubric	Students will be evaluated on their writing assignment.

Submitted by: NCDG Elementary Group